

Keto Meal Plan - Day 1

Breakfast: Scrambled eggs (2 whole + 4 egg whites), spinach cooked in olive oil

Calories: 320 | Protein: 30g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz unsweetened almond milk) + 1 tbsp chia seeds

Calories: 250 | Protein: 28g

Lunch: Grilled chicken thigh (5 oz), avocado slices, arugula with olive oil

Calories: 360 | Protein: 36g

Afternoon Snack: Boiled eggs (2) + 5 olives

Calories: 200 | Protein: 14g

Dinner: Salmon (5 oz) with garlic butter, sautéed zucchini

Calories: 370 | Protein: 38g

Evening Snack: Plain Greek yogurt (1/2 cup) + 1 tbsp almond butter

Calories: 250 | Protein: 20g

Keto Meal Plan - Day 2

Breakfast: Omelet with 2 eggs, 4 egg whites, spinach, mushrooms, and cheddar cheese

Calories: 320 | Protein: 32g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz unsweetened almond milk) + 1 tbsp flaxseed

Calories: 250 | Protein: 28g

Lunch: Grilled shrimp (5 oz), avocado, mixed greens, olive oil dressing

Calories: 360 | Protein: 36g

Afternoon Snack: Turkey breast (3 oz) wrapped in romaine leaves + mustard

Calories: 200 | Protein: 22g

Dinner: Ground beef (85/15, 5 oz), sautéed cabbage in coconut oil

Calories: 370 | Protein: 35g

Evening Snack: Greek yogurt (plain, 1/2 cup) + 1 tbsp sunflower seed butter

Calories: 250 | Protein: 20g

Keto Meal Plan - Day 3

Breakfast: Egg scramble (2 eggs + 4 egg whites) with turkey sausage and kale

Calories: 320 | Protein: 30g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1 tbsp MCT oil

Calories: 260 | Protein: 28g

Lunch: Grilled chicken breast (5 oz), romaine salad, cucumbers, olive oil vinaigrette

Calories: 350 | Protein: 38g

Afternoon Snack: Boiled eggs (2) + 1 slice bacon

Calories: 200 | Protein: 15g

Dinner: Grilled pork chop (5 oz), roasted Brussels sprouts with butter

Calories: 370 | Protein: 36g

Evening Snack: Plain Greek yogurt (1/2 cup) + cinnamon + 1 tbsp hemp seeds

Calories: 240 | Protein: 20g

Keto Meal Plan - Day 4

Breakfast: Omelet with 2 eggs, 4 egg whites, peppers, onions, feta cheese

Calories: 310 | Protein: 30g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1 tbsp almond butter

Calories: 260 | Protein: 28g

Lunch: Ground turkey (5 oz) lettuce wraps with avocado and shredded cheese

Calories: 360 | Protein: 36g

Afternoon Snack: Hard-boiled eggs (2) + celery sticks

Calories: 200 | Protein: 14g

Dinner: Grilled steak (5 oz), sautéed mushrooms and spinach in butter

Calories: 370 | Protein: 38g

Evening Snack: Plain Greek yogurt (1/2 cup) + 1 tbsp pumpkin seeds + cinnamon

Calories: 250 | Protein: 20g

Keto Meal Plan - Day 5

Breakfast: Scrambled eggs (2 whole + 4 whites) with turkey bacon and spinach

Calories: 320 | Protein: 30g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1 tbsp peanut butter

Calories: 260 | Protein: 28g

Lunch: Grilled chicken thigh (5 oz), arugula salad with cucumbers and olive oil

Calories: 350 | Protein: 36g

Afternoon Snack: Boiled eggs (2) + a few sliced pickles

Calories: 200 | Protein: 14g

Dinner: Ground beef (5 oz) with sautéed zucchini and mushrooms in butter

Calories: 370 | Protein: 38g

Evening Snack: Plain Greek yogurt (1/2 cup) + 1 tbsp chia seeds + cinnamon

Calories: 240 | Protein: 20g

Keto Meal Plan - Day 6

Breakfast: Omelet with 2 eggs, 4 egg whites, spinach, and shredded mozzarella

Calories: 310 | Protein: 30g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1 tbsp hemp seeds

Calories: 260 | Protein: 28g

Lunch: Grilled turkey burger patty (5 oz), lettuce wrap, avocado slices

Calories: 350 | Protein: 35g

Afternoon Snack: Boiled eggs (2) + 1 cheese stick

Calories: 200 | Protein: 16g

Dinner: Baked cod (5 oz), sautéed kale and bell peppers in olive oil

Calories: 360 | Protein: 36g

Evening Snack: Plain Greek yogurt (1/2 cup) + 1 tbsp ground flaxseed + cinnamon

Calories: 240 | Protein: 20g

Keto Meal Plan - Day 7

Breakfast: Egg white scramble (6) with smoked salmon and spinach, cooked in olive oil

Calories: 310 | Protein: 30g

Mid-Morning Snack: Protein shake (1 scoop whey, 8 oz almond milk) + 1 tbsp chia seeds

Calories: 250 | Protein: 28g

Lunch: Grilled chicken breast (5 oz), arugula salad with avocado, olive oil + lemon

Calories: 360 | Protein: 36g

Afternoon Snack: Hard-boiled eggs (2) + a few almonds

Calories: 200 | Protein: 15g

Dinner: Grilled steak (5 oz), sautéed green beans and mushrooms in butter

Calories: 370 | Protein: 38g

Evening Snack: Plain Greek yogurt (1/2 cup) + cinnamon + 1 tbsp nut butter

Calories: 250 | Protein: 20g